

Vegetable Wraps With Chicken And Hummus

Ingredients:

- 1 cup diced cooked chicken
- ½ cup chopped cucumber
- ½ cup chopped red bell pepper
- ½ cup chopped raw sugar snap peas
- ½ cup chopped arugula
- ½ cup hummus
- 4 wraps or flour tortillas
- 4 lettuce leaves
(leaf or butter lettuce works best)



Directions:

1. Combine the chicken, cucumber, bell pepper, peas, arugula, and hummus in a bowl. (You can add different vegetables according to the season and your family's preferences.)
2. Lay the wraps on the counter and cover each with a lettuce leaf. Divide the vegetable mixture among them and spread, leaving at least a half-inch border around the edge. Roll up tightly, tucking in the edges as you roll. Cut in half and wrap in plastic food film.
3. Combine a cup of diced cooked chicken with ½ cup of chopped cucumber, red bell pepper, raw sugar snap peas, and arugula. Stir in a ½ cup of hummus to hold it together.
4. Lay a lettuce leaf on each of the 4 wraps and spread the vegetable mixture, leaving a ½ inch border all around. Roll tightly, tucking in the sides as you go, making a neat package- no loose ends with this snack.

Provides 1½ vegetable servings per person

Serves 4

Nutritional Information (per serving)

Calories 190

Fat 3 g

Calories from fat 16%

Saturated fat 1 g

Calories from saturated fat 5%

Carbohydrates 25 g

Sodium 355 mg

Dietary fiber 10 g

www.foodreference.com/html/vegwrapswchickenhummusr.html